

# JR Regional Tournament!

**Saturday, November 2nd, 2019 9:00am**

LATE REGISTRATION OPENS  
8:40AM RULES/REFEREE MEETING  
9:00AM SPARRING AND ALL KATA DIVISIONS BEGIN  
ALL OTHER DIVISIONS TO FOLLOW IMMEDIATELY

SPARRING POINT (FULL GEAR REQUIRED GREEN AND ABOVE ONLY)  
SPARRING CONTINUOUS (FULL GEAR REQUIRED **UNLESS RYTHYM SPARRING BEGINNERS**)  
KATA (MUSICAL OR TRADITIONAL)  
WEAPONS FREESTYLE KATA (60 SECOND MAX. MUSICAL)  
SPEED KICKING  
BOARD BREAKING (ALL) MULTI-STATION  
HIGHEST JUMP KICK  
MOST SITUPS IN 60 SECONDS

## *PRE-REGISTRATION (BEFORE 10/24/19)*

2 EVENTS \$35.00  
ADDITIONAL EVENTS \$15.00  
**FAMILY DISCOUNT (PRE-REG ONLY)**  
1<sup>ST</sup> FAMILY MEMBER \$35.00 (2 EVENTS)  
EACH ADDITL MEMBER \$20.00 (2 EVENTS)  
ADDITIONAL EVENTS \$15.00

## *REGISTRATION (AFTER 10/24/19)*

2 EVENTS \$45.00  
ADDITIONAL EVENTS \$20.00

Pls circle ALL of the divisions you are entering:

### SPARRING

S-1 4-7 YR OLD BEGINNER (NO TOUCH CONTINUOUS SPARRING)  
S-2 5-7 YR OLD INTER & ADVANCED  
S-3 8-10 YR OLD BEGINNER (NO TOUCH CONTINUOUS SPARRING)  
S-4 8-10 YR OLD INTER  
S-5 8-10 YR OLD ADVANCED  
S-6 8-10 YR OLD BLACK BELT  
S-7 11-13 YR OLD BEGINNER (NO TOUCH CONTINUOUS SPARRING)  
S-8 11-13 YR OLD INTER.  
S-9 11-13 YR OLD ADVANCED  
S-10 11-13 YR OLD BLACK BELT

S-11	14-UP BEGINNER (NO TOUCH CONTINUOUS SPARRING)
S-12	14-UP INTER
S-13	14-UP ADVANCED
S-14	14-UP BLACK BELTS

### CONTINUOUS SPARRING

SC-1	BEGINNER (NO TOUCH CONTINUOUS SPARRING)
SC-2	KIDS INTER AND ADVANCED
SC-3	ADULTS (UNDER BLACK BELT)
SC-4	BLACK BELTS

### KATA TRADITIONAL OR MUSICAL (NON WEAPON)

K-1	4-5 YR OLDS (ALL)
K-2	5-7 YR OLD BEGINNERS
K-3	5-7 YR OLD INTER.
K-4	5-7 YR OLD ADVANCED
K-5	8-10 YR OLD BEGINNER
K-6	8-10 YR OLD INTER
K-7	8-10 YR OLD ADVANCED
K-8	8-10 YR OLD BLACK BELT
K-9	11-13 YR OLD BEGINNERS
K-10	11-13 YR OLD INTER.
K-11	11-13 YR OLD ADVANCED
K-12	11-13 YR OLD BLACK BELTS
K-13	14-UP BEGINNER
K-14	14-UP INTER
K-15	14-UP ADVANCED
K-16	14-UP BLACK BELTS

### WEAPONS FREESTYLE KATA (90 SECOND MAX. MUSICAL)

WFK-1	4-7 YR OLD BEGINNERS
WFK-2	4-7 YR OLD INTER
WFK-3	4-7 YR OLD ADVANCED
WFK-4	8-10 YR OLD BEGINNER
WFK-5	8-10 YR OLD INTER
WFK-6	8-10 YR OLD ADVANCED
WFK-7	8-10 YR OLD BLACK BELT
WFK-8	11-13 YR OLD INTER.
WFK-9	11-13 YR OLD INTER.
WFK-10	11-13 YR OLD ADVANCED
WFK-11	11-13 YR OLD BLACK BELTS
WFK-12	14-UP BEGINNER
WFK-13	14-UP INTER
WFK-14	14-UP ADVANCED
WFK-15	14-UP BLACK BELTS

SPEED KICKING (MOST KICKS IN 60 SECONDS)

- SPK-1 4-6 YR OLD
- SPK-2 7-10 YR OLD
- SPK-3 11-13 YR OLD
- SPK-4 14 UP YR OLD UP

BOARD BREAKING – MULTI STATION

- BB-1 4-7 YR OLD ALL
- BB-2 8-10 YR OLD ALL
- BB-3 11-13 YR OLD ALL
- BB-4 14 UP YR OLD UP ALL

HIGHEST JUMP SIDEKICK(FROM STANDING POSITION)

- HSK-1 4-7 YR OLD ALL
- HSK-2 8-10 YR OLD ALL
- HSK-3 11-13 YR OLD ALL
- HSK-4 14 UP YR OLD UP ALL

MOST SITUPS IN 60 SECONDS

- MSU-1 4-7 YR OLD ALL
- MSU-2 8-10 YR OLD ALL
- MSU-3 11-13 YR OLD ALL
- MSU-4 14 UP YR OLD UP ALL

Registration/Payment Instructions:

- 1) Please fill out all information required
- 2) Circle all of the divisions you choose to compete in.
- 3) Add up all events you are competing in
- 4) Make checks payable to JC SERVICES.**

I, the undersigned, do hereby voluntarily submit application for participation in the JR Tournament and hereby assume full responsibility for any and all damages, injuries or losses that I may sustain or incur; if any, while attending or participating and I waive all claims for/against the promoters, or operators, or sponsors of said JR Tournament; individually or otherwise for any claims for injuries that I may sustain. I fully understand that I am entering such competition at my own risk and that any medical treatment given to me will be of a first aid treatment type only. I declare that I am free of any physical defects or illness which might prohibit competition. If under 18, this release and consent is to be signed by a parent or guardian. I further agree to abide by the rules of the tournament and the final decisions of the officials.

Students Name \_\_\_\_\_ Age \_\_\_\_\_ Rank \_\_\_\_\_  
 Parents Signature (under 18) \_\_\_\_\_ Date \_\_\_\_\_  
 Students Signature (over 18) \_\_\_\_\_ Date \_\_\_\_\_